



Community PEER SUPPORT Buddy



Join The Buddy Community

The Community Buddy/Peer Support team invites all community and residents' groups to join our Online Training Programme

* Free of charge to all community and residents' groups



Community Buddy
is an initiative of
Cycle Against Suicide

'Community Buddy' Training Programme June Dates

Delivery

Online via Zoom

(free to community and residents' groups)

2 full days – 9.30am to 5pm

Thurs 16TH & Fri 17TH June

or

4 evenings over 2 weeks – 7pm to 10pm

Mon 20TH & Tues 21ST June

Mon 27TH & Tues 28TH June

Learn How To:

- » Provide strong support for peers who are dealing with a mental health issue
- » Provide a listening ear and show empathy to those in mental health distress
- » Support peers so they may take positive, resilience-enhancing actions and adopt positive coping strategies
- » Identify significant levels of distress and, if necessary, mentor individuals to seek appropriate professional help

**For more information or to
express an interest in your
community taking part,
please visit us on**

cycleagainstsucide.com

